

Fr 13th
Feb



BOREALIS

Pad Thai noodles with chicken & prawns served in an egg pancake with
peanuts and chilli



INGREDIENTS FOR 4 PORTIONS:

Pad Thai

400 g Rice noodles
480 g Prawns
240 g Chicken breast (sliced)
160 g Shallots (chopped)
64 g Garlic (finely chopped)
2-3 eggs (2.4 eggs → use 2 large or 3 small)
200 g Bean sprouts
80 g Spring onion
40 g Peanuts (finely chopped)
80 g Lime (about 2 small limes)
3 g Chili flakes

Pad Thai Sauce

96 ml Tamarind sauce
120 g Brown sugar
32 ml Fish sauce
40 ml Oyster sauce
80 g Tomato ketchup

Garnish

2 thin egg pancakes (scaled from original batch)

Crushed peanuts

Spring onion flowers

Chili flakes

4 lime wedges

METHOD

- Soak rice noodles in cold water for 1hr. until soft and drain and set on the side
- Sauce - In a pan, mix tamarind paste, fish sauce, sugar, chili flakes, and vinegar. Stir until sugar dissolves.
- In a cooking pan heat the oil on medium to high heat. Add garlic and shallot, cook for 30 seconds. Add chicken, sauté and then add prawns, cook for 1 - 2 minutes until mostly cooked through. Push to one side of the pan, pour egg in on the other side. Scramble using the wooden spoon (add touch of extra oil if pan is too dry), then mix into prawn. Add bean sprouts, noodles then Sauce.
- Toss gently for about 1 1/2 minutes until Sauce is absorbed by the noodles.
- Add spring onion and half the peanuts. Toss through quickly then remove from heat.
- Creating the egg "pancake" (crepe): In a separate non-stick pan or a clean wok, a small amount of oil is heated over medium heat. 2 x Beaten egg is poured into the pan and the pan is immediately swirled to create a very thin, even, crepe-like layer.
- The egg is cooked for about a minute until it is just set.
- Assembly: The prepared Pad Thai noodles are spooned into the centre of the set egg crepe.
- The sides of the egg are then carefully folded over the noodles to form a parcel or an omelette-like wrap.
- The wrapped Pad Thai is then flipped over briefly to seal the edges before being placed into the bowl. Cut the pancake open as shown in the photo and garnish with fresh coriander.
- Serve as photo with crushed peanuts, spring onion, chilli flakes, lime cheek.